Ohio Race Walker
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Another Gold For Perez

Rio de Janeiro–Ecuador's Jefferson Perez had little trouble in defending his 20 Km racewalking in the Pan American Games. In the July 22 race, Perez bided his time for 15 km and then easily moved away from the field to win in 1:22:08. It was his third Pan Am title–he first won in 1995-- and is a nice addition to his six titles at the World level--one in the Olympics, two in the World Championships, and three in the World Cup.

On the same day, El Salvador's Cristina Lopez took the women's title at 20 Km with her 1:38:59 win. Six days later, Ecuador addes a second gold as Xavier Moreno came from behind Mexico's Horacio Nava to win the 50 9n 3:52:07.

The men's race started at 3 in the afternoon under a hot sun. Perez led all the way, but walking at a very comfortable pace–42:03 for the first 10–was content to let his teammate Rolando Saquipay, Columbia's Gustavo Restropo, and Mexico's Cristian Berdeja stay with him through 12 Km. But when Perez accelerated form 8:31 on the sixth 2-km lap to 8:06 on the seventh, the others started to drop away. At 14, Restropo was 8 seconds back, Saquipay 10 seconds back, and Berdeja 12 seconds back. Pressing his advantage, Perez walked the next three laps in 7:43, 7:51, and 7:54. By the finish, Saquipay was 80 seconds back in second, with Restropo another 1:23 behind him. Berdeja was disqualified before he reached the 16 Km mark.

For the U.S., Matt Boyles was on pace for a personal record at 10 Km (44:05) and held that pace for another lap. He slowed from there, and eventually lost a raise-long dual with Brazil's Mario Santos for fourth in 1:30:03, 10 seconds in back of the Brazilian. At the same time, he pulled well clear of Costa Rica's Allan Segura, who led him by two seconds at 10. Matt commented: "It was pretty good. I felt really good throughout until the last two laps. Now my legs really hurt." John Nunn walked a well-paced race in seventh, finishing in 1:32:37 after going through 10 in 46:15. After slowing a bit from 10 to 14 Km, he was able to accelerate again and make his last three laps his fastest of the race, other than the opening lap. "I realized what happened with my racing this year and now I know how to fix it", said John. :I have no doubt that I will be a force to contend with in the 20 and 50 km races at the Olympic Trials."

In the women's race, the leading group went by the 10 Km mark in 48:50. At that point, Lopez was accompanied by Ecuador's Miriam Ramon, Mexico's Maria Esther Sanchez, Guatamala's Evelin Nunez, Bolivia's Geovana Irusta, and Columbia's Sandra Zapata. But, by 18 Km, only Irusta and Nunez were still with Lopez. Shortly before 19 Km, Nunez was disqualified. With a sharp increase in the pace over the final lap, Lopez was able to move clear of Irusta and crossed the line 8 seconds ahead. Irusta then received the word that she too was disqualified. Than left Ramon to pick up the silver medal, well back in 1:40:03, but far ahead of Sanchez, who took the bronze.

Teresa Vaill and Jolene Moore were among the six walkers disqualified by the judges (from 14 starters). Vaill was with the leaders at 6 Km, but did not reach 10 before she got her third red card. Moore was out shortly thereafter. Actually, Vaill dropped out of the

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race before she got the DQ, but the third card had already been written, so she was officially disqualified. "There were seven of us in the lead pack and we were racing along at a pretty good pace, but there was a lot of elbowing in the pack" said Teresa after the race. " I was feeling pretty good, right where I wanted to be but I got elbowed so many times that my shoulder started cramping and I just could not continue."

In the 50, Moreno scored a surprising victory in a South American record time after Nava seemed to be on his way to the gold. The Mexican moved to the front early and by 10 Km led Moreno by 19 seconds in 46:44. Stepping up the pace for a 45:18 second 10 (1:32:12 at 20), Nava extended the lead to 34 seconds. A 44:57 on the third 10 brought him to 30 Km in 2:17:09 and gave him a 64 second lead.

Although he started to falter over the next 10 km, slowing back to a 45:30,Navae continued to build the lead. Ne went through 40 in 3:02:39 with Moreno, who also slowed, nearly 2 minutes back in 3:04:27. With Mexico's Omar Zepeda all alone in a distant third, it appeared the medals were determined.

Nava, however, was suffering and slowed considerable on the next 5, which took hm 24:09. But Nava was also startubg ti fakter and the margin stayed the same.Perhaps seeing the strength draining from Nava gave Moreno heart and he suddenly found another gear, accelerating to 23:28 for the final 5. He caught Nava in the final 2 km to win by 28 seconds. Nava needed 25:49 for his final painful 5.

For the U.S. ,Kevin Eastler was having a strong race in his second-ever 50 and was in third place, about 3 minutes in back of Nava at 25 Km in 2:57:27, seemingly on his way to a sub 4-hour performance. However, before he reached 30, he had a third red card, all for bent knees. He was one of three walkers to be disqualified. (See more on this in the From Heel To Toe feature in this issue.) Philip Dunn finished in eighth place in 4:15:47.

The results:

Women's 20 Km, July 22: 1. Cristina Lopez, El Salvador 1:38:59 (2 Km splits–9:40, 19:27, 29:11, 39:01, 48:50, 58:33, 1:08:40, 1:18:52, 1:29:14) 2. Miriam Ramon, Ecuador 1:40:03 (9:47, 19:28, 29:12, 39:01, 48:50, 58:34, 1:08:43, 1:18:52, 1:29:24) 3. Maria Esther Sanchez, Mexico 1:41:47 (9:48, 19:28,29:12, 39:02, 48:50, 58:44, 1;09:18, 1:19:58 1:30:46) 4. Tania Spindler, Brazil 1:42:15 (9:51, 19:54, 29:54) 39:59, 50:10, 60:36, 1:11:07, 1:21:26, 1:31:51) 5. Maria del Rosario Sanchez, Mexico 1:42:47 (9:47, 19:28, 29:12, 39:04, 49:14, 59:25, 1:09:49, 1:20:42, 1:31:43) 6. Sandra Zapata, Columbia 7. Yadira Guaman, Ecuador 1:46:06 DNF–Cisiane Lopes, Brazil DQ–Veronica Colindres, El Salvador; Geovana Iusta, Bolivia; Jolene Moore, USA; Evelin, Guatamala; Leyci Rodriguez, Cuba; and Teresa Vaill , USA

Men's 20 Km, July 22: 1. Jefferson Perez, Ecuador 1:22:08 (8:34, 16:56, 25:11, 33:35, 42:03, 50:34, 58:40, 1:06:23, 1:14:14) 2. Rolando Saquipay, Ecuador 1:23:28 (8:36, 17:06, 25:26, 33:43, 42:03, 50:34, 58:50, 1:06:57, 1:15:10 3. Gustavo Restrapo, Columbia 1:24:51 (8:34, 16:56, 25:12, 33:35, 42:03, 50:34, 58:48, 1;07:04, 1:15:36) 4. Mario dos Santos, Brazil 1:29:53 (8:36, 17:29, 26:16, 35:07, 44:03, 52:56, 1:02:01, 1:11:13, 1:20:30) 5. Matt Boyles, USA 1:30:03 (8:42, 17:29, 26:16, 35:07, 44:05, 52:57, 1:02:01, 1:11:13, 1:20:34 6. Allan Segura, Costa Rica 1:32:27 7. John Nunn, USA 1:32:37 (8:44, 17:57, 27:26, 36:51, 46:15, 55:54, 1:05:16, 1:14:26, 1:23:27 8. Jose Alessandro Bagio, Brazil 1:34:15 9. Juan Manuel Cano, Argentina 1:34:45 DNF–Bernardo Calvo, Costa Rica (44:03 at 10) and Echarri Tapia, Peru DQ-Cristian Berdeja, Mexico (8:34, 16:56, 25:12, 33:35, 42:03, 50:34, 58:52);Erick Guevara, Mexico; Luis Fernando, Col.; and Julio Martinex, Guatamala.

Men's 50 Km, July 28: 1. Xavier Moreno, Ecuador 3:52:07 2. Ooracio Nave, Mexico 3:52:35 3. Omar Zepeda, Mexico 3:56:04 4. Salvadore Mira, El Salvador 3:59:51 5. Luis Garcie, Guatamala 4:01:36 6. Fredy Hernandez, Columbia 4:03:10 7. Claudio Santos, Brazil 4:14:38 8. Philip Dunn, USA 4:15:47 9. Cristian Bascunan, Chile 4:24:21 DNF–Ricardo Reyes, El Salvador DQ–Kevin Eastler, USA (1:57:27 at 25), Mario Cantos, Brazil and Meslac Zapeta, Ecuador

Russia Takes Two Golds In World Youth Championships

Ostrava Czech Republic–Russian walkers struck gold twice in the IAAF World Youth Championships (for those born in 1990 or later) as Tatyana Kalmykova won the women's 5 Km and Stanislav Emelyanov the men's 10.

Kalmykova became the first ever athlete to defend her World Youth title as she won in a new World Youth best of 20:28.5. She was 37 seconds under the previous best and also bettered the World Junior (under 20) best. Both previous marks belonged to 1995 World 10 Km champion Irina Stankina of Russia. Kamylkova, who was in the lead from gun to tape, smashed her own championship record of 22:14.47 set in the heat of Marrakech two years ago.

Irina Yumanova made it a double celebration for Russia as she set a new personal best of 21:21.14 to take silver, well clear of Greece's Panaylota Tsinopoulou, who finished in a personal best 22:49.15

The two Russians walked shoulder-to-shoulder until Kalmykova decided to toughen the pace with 6 ½ laps to go. Two laps later she was more than a hundred meters clear of her teammate and increasing her lead with every stride.

China's Tongjie Zhou who held third position behind the Russian pair was showed the red DQ card with four laps to go. It was the only DQ in a race that included 17 personal bests.

Emelyanov, still only 16, took his country's fifth title in the event in the five editions with a new Chamionship record of 41:19.91. It was expected that Russia would repeat the girl's one-two finish, but Denis Streklkov, the year's second fastest youth, performed below his own expectations and finished a disappointing eighth.

Instead, it was Mexico's Pedro Daniel Gomez who stepped up taking his country's first medal of the week in a new personal best of 43:11.87. Vito Di Bari of Italy came in third, also with a personal best of 43:36.13. Again, there were 17 personal bests in the race as international competition seems to bring out the best in youth. There were no U.S. athletes in either race. The results.

Women's 5 Km, July 13–1.Tatyana Kalmykova 20:28.5 2. Irina Yumanova, Russia 21:21.14 3. Payaniota Tsinopoulou, Greece 22;49.15 4. Paige Hooper, Austtralia 22:57 5. Antonella Palmisano, Italy 22:59 6. Anna Mielcarek, Poland 22:59 7. Alexandra Gradinariu, Romanis 23:17.68. Adriana Turnea, Romanio 23:18 9. Annly Pineda, Columbis 23:20 10. Paola Jimenez, Mexico 23:24 11. Jamy Franco, Guatamala 23:48 12. Anita Kazemaka, Latvia 23:58 (24 finishers, 1 DQ, 5 DNF

Men's 10 Km, July 14–1. Stanislaw Emelyanov, Russia 41:49.91 2. Pedro Gomez, Mexico 43:11.87 3. Vito Di Bari, Italy 43:36.13 4. Lingfu Geng, China 44:03.52 5. Riccardo Macchia, Italy 44:11.43 6. Yohei Otake, Japan 44:16.06 7. Julian Rendon, Columbia 44:20 8. Denis Strelkov, Russia 44:35 9. Aliaksandr Chuklinau, Belarus 44:41 10. Jibreel Rahmat Khan, Qatar 45:00 11. Ongkun Zhang, China 45:16 12. Caio Bonfim, Brazil 45:17. . .23. Evan Dunfee, Canada 47:41 (31 finishers, 1 DQ, 1 DNF)

PanAmerican Junior Championships, Sao Paulo, Brazil, July 7-8:
Women–1. Ingrid Hernandez, Columbia 48:48.24 (Initially disqualified at the finish by the Chief Judge, but that was overruled by the Jury of Appeals. So Lauren Forgues in second went from silver to gold back to silver. Hernandez andLeslie Guavita of Columbia had walked all 25 laps together, lappeing Laourn in the process. They decided to sprint it out on the final lap and more particularly the final 100 meters. Guavita picked up two red cards in the process, and already had one. Hernandez picked up one red, besides the Chief Judges decision at the finish.) 2. Lauren Forgues, USA 51:43.43 3. Fariluz Morales, Peru 54:39.28 4. Lisbeth Silva Maranda, Mexico 55;59 5. Aline Luisa Sausen, Brazil 56:41 DNF–Vanessa dos Santos Neri, Brazil DQ–Leslie Guavita, Columbiaand Janeth Gunman, Ecuador
Men–1. Civtor Mendoza, El Salvador 43:57.74 2. Degaime Cesar de Oliveira, Brazil 44:09.01 3. Claudio Villanueva, ecuador 44:24.35 4. Caio Oliveirade Senna Bonfim, Brazil 44:34.95 6. Omar Sierra, Columbia 45:08.79 7. Inaki Gomez, Canada 46:08.84 8. Mario Bran, Guatamala 47:22.51 8. Roberto Vergara, USA 47:55.37 10. Camilo Acu, Chile 49:25 DQ–Emerson Hernandez, El Salvador and Alexander Valasquez, Guatamala

Other Results

3 Km, Lewiston, Maine, July 12–1. Diana Rado (18), Philadelphia 16:19.8 2. Sara Adams 19:18.9 **5 Km, Brookline, Mass., July 8**–1. Itzi Garcia (4) 34:25 2. Pat Godfrey (60) 34:55 3. Joanne Harriman (64) 35:26 (5 finishers) Men–1. Steve Vaitones (51) 30:14 2. Emmet Schmerson (56) 30:50 3. Larry Epstein (48) 32:02 4. Bill Harriman (60) 33:49 5. Paul Schell (69) 34:15 **Met. 5 Km, New York City, July 15**–1. Diana Rado 26:46 2. Alva Julio (16) 27:20 3. Pamela Alva (18) 27:27 4. LisaMarie Velluchi 28:23 5. Bruce Logan (42) 28:59 6. Catie Davis (16) 29:05 7. Alexis Davidson (51) 29:30 8. Robert Mullen (60) 29:51 9. Gary Null (62) 30:10 10. David Lee (52) 30:14 11. Ellen O'Shaugnessy (46) 31:40 12. Jon Qalam (56) 32:33 (38 finishers, 1 DNF, 3 DQ) **5 Km, National Club T&F Championships, New York City,July 14**–1. Erin Taylor, South Texas 25:27.63 2. Jenna Monahan, Walk USA 28:38 3. Panseluta Geer, Shore AC 31:43 (1 DQ) Men–1. Michael Kazmierczak, Walk USA 23:50.68 2. Leonidas Romero, Park RW 24:11.03 3. John Soucheck, Shore AC 25:34 4. Dave Talcott, Shore AC 26:26 5. Michael Bartholomew, Walk USA 26:29 6. Bruce Logan, Park RW 29:01 7. William Vayo, Walk USA 29:39 DNF–Theron Kissinger, Conn. RW **Empire State Games, Purchase, N.Y.: Women's 10 Km, July 26**–1. Laura Feller 55:35, 2. Jenna Monahan 57:)7 3. Lisa Vellucci 59:04 4. Chelsea Conway 62:58 (7 finishers) **Men's 10 Km, July 26**–1. Michael Kazmierczak 51:10 2. Mel McGinnis 51:53 3. Leonidas Romero 51:28 4. Dave Talcott 54:18 5. Mike Bartholomew 56:47 6. Don Lawrence 59:11 7. Bruce Logan 59:49 8. Bill Vayo 62:03 9. James Miner 62:47 (1 DQ, 1 DNF) **Women's 5 Km, July 27**– Maria Michta 26:22 2. Laura Feller 28:55 3. Nicole Wessels 30:43 4. Nina Yang 31:23 5. Allie Morrill 31:38 (8 finishers) **Men's 5 Km, July 27**–1. Michael Kazmierczak 24:18 2. Leonidas Romero 24:43 3. Michael Bartholomew 26:16 4. Don Lawrence 28:00 5. Va Yo 29:03 6. James Miner 32:10 (1 DQ) **Women's 20 Km, July 28**–1. Jenna Monahan 1:56:43 2. Maria Michta 1;56:44 3. Laura Feller 1:57:55 (3 finishers, 2 DNF) **Men's 20 Km, July 28**–1. Michael Kazmierczak 1:51:08 2. Mel McGinnis 1;52:53 3. Michael Bartholomew 1:53:07 4. Bruce Logan 2:08:35 5. Va Yo 2:12:35 6. James Miner 2:15:11 ((1 DNF) **Girl's H.S. Division 5 Km, July 27**–1. Catie Davis 29:54 2. Arame Mbodj 30:55 3. Erin Martocci 31:53 (7 finishers) **Boy's H.S. Division 5 Km, July 27**–1. Ricky Sosulski 28:44 2. Josh Larsen 30:46 **Master's Division 70-74 Male 10 Km, July 26**–1. James McGrath 1:10:53 2. John Shilling 1:20:42 **5 Km, July 27**–1. James McGrath 33:27 **20 KM, July 28**–1. James McGrath 2:32:91 **East Region Masters 3 Km, East Strodusburg, Pa., July 21**–1. Dave Talcott (47) 14;59.22 2. Joel Dubow (64) 18:40 Women–1. Panseluta Geer (60) 18:11.33 **Region V Jr. Olympics,**

Cedarville, Ohio, July 17: Youth Girls–1. Allison Berry 18:40.30 Intermediate Girls–1. Allison Chin 16:45.46 Intermediate Boys–1. John Randall 17:32.49 Young Men–1. Jacob Gunderkline 16:14.86 **1 Mile, Yellow Springs, Ohio, July** 6–1. Susan Randall 7:24.4 2. Eric Smith 7:46.4 3. Tina Peters 7:58.5 4. Allison Chin (15) 8:25.5 5. Allie Berry (14) 8:53.4 6. John Randall (15) 9:14.2 7. Anna DeWine (15) 9:49.2 (9 finishers) **1500 meters, Yellow Springs, July 19**–1. Susan Randall 6:58.9 2. Eric Smith 7:09.3 3. John Randall 7:54.4 4. Sydney Beal (9) 9:13.4 5. Melissa Scholes (18) 9:38 6. Lois Miller (13) 9:41.1 7. Maggie Dade (14) 9:48.5 (10 finishers) **3000 meters, same place**–1. Eric Smith 15:12.5 2. Susan Randall 15:37.7 3. Tina Peters 15:43.4 4. Jacob Gunderkline (16) 16:01.4 5. John Randall 16:21.9 6. Allison Chin 16:34 7. Allie Berry 16:34.1 8. Sara Kenny (14) 18:25.3 (11 finishers) **5 Km, Berkley, Mich., June 30**–1. Kristen Mullaney 26;28 2. Walda Tichy 33:46 (6 finishers) Men–1. Dan O'Brien 24:46 2. Leon Jasionowski 26:34 (4 finishers) **Michigan 5 Km, Ypsilanti, June 16**–1. Bill Reed (54) 27:50.05 2. Don Knight (61) 30:55 3. Marshall Sanders (66) 31:49 4. Ray Drysdale (65) 35:10 Women–1. Debbie Topham (54) 29:11.30 2. Joan Berman (70) 37:50 **North Region 5 Km, Chicago**, June 24–1. Matt DeWitt 25:50 2. Damon Clements (50) 27:25 3. Richard McGuire (59) 28:13 4. Dave Owens (47) 28:50 5. Jonathan Udesky (51) 31:17 6. Alfred DuBois (75) 33:19 (10 finishers, 4 DQ) Women–1. Lynn Tracy (54) 28:16 2. Donna Green (54) 29:57 3. Doris McGuire (58) 33:39 4. Rebecca Gilman (66) 34:22 (6 finishers, 1 DQ) **Missouri Senior Games 5 Km, June 9**–1. Dave Couts (51) 25:59 2. Gayle Johnson (58) 30:16 3. Ray Braudis (63) 33:12 4. Fred Adams (74) 35:08 (11 finishers) **10 Km, Minneapolis, July 14**–1. Geoff Karhoff 60:35 2. Anita Macias-Howard (50+) 63:56 3. Bernie Finch (65+) 68:20 **5 Km, Denver, May 12**–1. Jerry Davis (44) 31:31 2. Rob McGuire (55) 34;00 (6 finishers) **Colorado State 5 Km, Cherry Creek, June 16**–1. Mike Blanchard (45) 27:31 2. Marianne Martino (57) 29:57 3. Darla Young (59) 33:44 4. Rita Sinkovec (67) 34:06 **5 Km, Denver, June 17**–1. Mike Blanchard 29:40 2. Jerry Davis 32:20 **5 Km, Evergreen, Col., July 4**–1. Mike Blanchard 30:13 2. Patty Gehrke (42) 31:10 3. Daryl Meyers (64) 32:30 4. Mary Gilbert (58) 33:35 5. Rita Sinkovec 33:46 **5 Km, Pasadena, Cal., June 24**–1. Pedro Santoni (50) 26:47 2. Rick Campbell (51) 29:26 3. Alex Kazaryan (53) 29:37 4. Carl Acosta (73) 33:03 5. Bill Moremen (79) 33:48 (7 finishers) Women–1. Donna Cunningham (60) 30:38 2. Carol Bertino (60) 31:29 3. Janet Michal 33:08 (11 finishers) **5 Km, Fontana, Cal., June 2**–1. Michael Downey 29:31 2. Ronald Brown (64) 31:35 (20 finishers) **1600 meters, Los Angeles, June 27**–1. Alex Kazaryan (52) 8:48.3 2. Mario Lopez (49) 9:22.2 3. Deo Jaravata (42) 9:46.6 (11 finishers, 2 DQ) **5 Km, Claremont, Cal., July 4**–1. Alex Karzayan 28:22 2. Dr. Cancino 28:50 3. Patrick Bivona (65+) 32:17 4. Carl Acosta and Diksyn Yagi (70+) 32:57 (8 finishers) Women–1. Donna Cunningham 30:06 2. Slyvia Ellis (55+) 31:37 3. Carol Bertino 31:49(12 finishers) **1600 meters, Los Angeles, July 11**–1. Donna Cunningham 9:04.2 2. Deo Jaravata 9:39.1 3. Carl Acosta 10:15.4 (10 finisehrs, 1 DQ) **1600 meters, Los Angeles, July 18**–1. Mario Lopez 9:04.5 2. Donna Cunningham 9:04.8 3. Deo Jaravata 9:30.1 4. Carl Acosta 10:06.5 5. Cho Paquet (52) 10:14.9 (14 finishers, 1 DQ) **I Mile, Stockton, Cal., June 3**–1. Pradeg Chand 7:29.2 2. Abderrezak Gharfara 7:36.6 3 Tyler Sorensen (13) 7:37.9 4. Alexander Price 7:53 5. Daniel Coupal (41) 7:59.1 6.Kevin Killingsworth (41) 8:06.3 7. Ted Moore (68) 8:07.6 8. Joe Berendt (51) 8:20.8 9.James Beckett (68) 8:24.7 10. Mark Quilantang (19) 8:49.1 11. Jack Bray (74) 8:52.5 12. Jonathan Price, (57) 9:27.3 13. Ronald Walters (69) 9:43.7 (14 finishers) Women–1. Kelly Wong 8:16.4 2. Leslie Sokol (49) 8:31.0 3. Nicolle Goldman (48) 8:45.2 4. Nicolette Sorensen (11) 8:57.8 5. Karen Stoyanowski (52) 9:35.8 6. Louise Walters (67) 9:55.3 7. Doris Cassels (67) 9:59.9 8. Elizabeth Pricce 10:24.9 **NW Regional 5 Km, Portland, Ore., June 23**–1. Kathryn Grimes 30:18.54 2. Karen Karavanic (44) 34:53 (4 finishers) Men–1. Tommy Aunan

(48) 26:53.38 2. Bob Novak (58) 28:23.15 3. Stan Chraminski (59) 28:59.18 4. George Opsahl 19:11.60 5. Ron McPike (74) 34:28 (8 finishers) **NW Regional 1 Mile, Portland, June 24**–1. Kathryn Grimes 8:51.35 2. Susan Bristow (60) 11:05 (5 finishers) Men–1. George Opsahl 8:52.88 2. Doug VerMeer (53) 9:01.29 3. Dennis Robeson 9:34.29 4. Leslie Shileds (53) 10:15.13 5. Ron McPike 10:34.09 (7 finishers, 1 DQ) **State Games of Oregon 3 Km, Mt. Hood C.C., July 7**–1. Norman Frable (61) 15:25.05 2. Rob Frank (54) 16:22.30 3. George Opsahl (65) 17:01.01 4. Dennis Robeson (60) 17:56 5. John Backlund (67) 18:11 (8 finishers) Women–1. Kathryn Grimes (43) 17:00.1 2. Kathy Frable (61) 17:55.49 3. Darlene Backlund (61) 19:41 (7 finishers, 4 DQ) **5 Km, same place, July** 8–1. Stephanie Casey 25:18.42 2. Carmen Jacinsky (44) 30:32.59 (4 finishers) Men–1. Rob Frank 28:07.81 2. George Opsahl 29:02.71 3. Dennis Robeson 30:55.51 **5 Km, Seattle, July 21**–1. Tommy Aunan (48) 26:40.41 2. Bob Novak (58) 28:01.97 3. Steve DiBernardo (54) 28:26.12 4. Stan Chraminski (59) 28:46.41 5. George Opsahl (65) 19:04.75 6. Bart Kale(51) 30:59.21 Women–1. Aili Dee Karosich 33:23.31 2. Bev McCall (71) 33:58.50 **1500 meters, Seattle, June 2**–1. Tommy Aunan 7:50.2 2. Karl Johansen (60_ 8:01.6 3. George Opsahl 8:16 4. Richard Zerbe (68) 9:13.5 5. William Bruner (62) 9:48.7 **3 Km, same place**–1. Tommy Aunan 16:26.4 2. Karl Johansen 16:35.5 3. Bob Novak 16:379 4. Steve CdiBernardo 16;48.6 5. George Opsahl 17:22.4 6. Bart Kale 17:35.2 Women–1. Ann Tuberg (47) 17:10.8 2. Bev McCall 19:51.2 3. Dora Choi (41) 20:37.2

National Junior Olympics, Walnut Cal.: Bantam (born 1997 and later) Girls 1500 meters, July 24-25–1. Caitlin Palacio, Umoja TC 8:41.96 2. Kierra Robinson, Shooting Stars 9:12.40 3. Antigone Pirritano, Umoja TC 9:15.58 4. Hannah Gantt, Track Houston 9:23.38 5. Jennifer Vargas, un. 9:23.76 6. Alexio Santoy, un. 9:25.12 (17 finishers, 1 DQ) **Bantam Boys 1500**–1. William Katzman, ATC 10:02.93 2. Joseph Knowland, SD Golden 10:26.55 (8 finishers, 3 DQ) **Midget (born 1995-96) Girls 1500**–1. Nicolette Sorenson, Diablo Valle 7:43.20 2. Ashley Jacobgs, Athlete Track 7:48.62 3. Kylie Cleveland, Umoja TC 8:56.64 4. Blaise Calandrillo, NJ Striders 9::01.14 5. Ashley Augustus, Napa Track Club 9:02.45 (21 finishers, 4 DQ) **Midget Boys 1500**–1.Nathaniel Roberts, Salem TC 7:24.37 2. Daimon Todd, Umoja TC 8:19.97 3. Steven Valdez, un. 8:23.80 (14 finishers, 1 DQ) **Youth (born 1993-94 Girls 3 Km**–1. Taryn Wrotny, NJ, un. 17:30.63 2. Arlana Guzman, un. 18:22.74 3. Nicole Woelper, Pacesetter 81:22.76 4. Amani Salinas, Elgin Sharks 18:42.25 5. Abby Magnus, ATC 18:54.77 6. Leah Phillips, Umoja TC 18:55.06 (16 finishers, 1 DNF) **Young Boys 3 Km**–1. Tyler Sorensen, Diablo Valle 15:)1.51 2. Alejandro Chavez, un. 16:10.45 3. Josh Haertel, Team Provo 17:48.82 4. Lenny Salinas, Elgin Sharks 17:59.64 5. Eric Steinbach, ATC 18:06.30 (8 finishers, 3 DQ) **Intermediate (born 1991-92) Girls 3 Km**–1. Chelsea Palacio, Umoja TC 17:30.69 2. Kimberly Muncie, Limits 18:32.48 3. Marisol Jiminez, Rising Stars 18:55.41 (10 finishers, 1 DQ) **Intermediate Boys 3 Km**–1. Michael Villalobos, So. Cal.Mustangs 20:09.98 (2 finishers, 1 DQ) **Young Women (born 1989-90) 3 Km**–1. Silvanna Francescutti, EP Comets 16:21.25 2. Katie Burnett, Cascade Striders 16:32.24 3. Mercedes Mancha, Elgin Sharks 17:19.85 (5 finishers, 1 DQ) **Young Men 3 Km**–1. Robereto Vergara, un. 13:21.31 2. Ricardo Vergara 13:59.80 3. Abraham Villareal, un. 15:24.67 4. J.D. Battia, Team Olympic 17:59.91 (5 finishers, 1 DQ)

Canadian 20 Km, Windsor, July 13–1. Tim Berrett 1:34:15 2. Luc Menard 1:36:10 **Women's 20 Km**–1. Rachael Lavallee 1:44:27 2. Maria Crivello 1:45:36

European Under 23 Championships: Women's 20 Km, July 13–1. Tatyana Shemyakina, Russia 1:28:48 2. Svetlana Solovyova, Russia 1:33:58 3. Olga Mikhaylova, Russia 1:34:41 4. Katarzyna, Poland 1:34:49 5. Despina Zapoundiou, Greece 1:35:42 6. Zuzana Schindlerova,

Czech Rep. 1:35:42 7. Jo Jackson, Great Britain 1:36:28 8. Brigita Virbalyte, Lithuania 1:36:38 9. Lucie Pelantova, Czech Rep. 1:37:12 10. Paulina Buziak, Poland 1:38:20 11. Valentina Trapletti, Italy 1:38:45 12. Maria Teresa Marinelli, Italy 1:38:58 (20 finishers, 3 DQ) **Men's 20 Km, July 14**–1. Valeriy Borchin, Russia 1:20:43 2. Sergey Bakulin, Russia 1;23:33 3. Ingus Janevics, Latvia 1:23:37 4. Michael Krause, Germany 1:24:54 5. Rusian Dmytrenko, Ukraine 1:26:25 6. Hannes Tonat, Germany 1:27:24 8. Jakub Jelonek, Polans 1:28:06 9. Marius Ziukas, Lithuania 1:28:35 10. Aliaksandr Kasakou, Belarus 1:28:52 11. Ivan Losev, Ukraine 1:31:13 12. Vilius Mikelionis, Lithuania 1:32:24 (13 finishers, 3 DNF, 5 DQ) **European Juniors, Hengelo, Neth., Women's 10 Km, July 19**–1. Anisya Kornikova, Russia 43:27.20 2. Yelena Shumkina, Russia 46:24.74 3. Alena Kostromitina, Russia 46;52.56 4. Anamaria Greceanu, Romania 47:51.40 5. Fecerica Menzato, Italy 47:38.07 6. Federica Ferraro, Italy 48:16.05 7. Spyridoula Stavrou, Greece 48:50 8. Agnese Pastare, Latvia 49:08 9. Catarina Godinho, Portugal 49:24 10. Maria Czakova, Slovakia 49:24 11. Raquel Gonzalez, Spain 50:11 12. Krystina Asipenka, Belarus 50:42 (17 finishers, 1 DNF, 1 DQ) **Men's 10 Km, July 20**–1. Sergey Morozov, Russia 40:02.88 Very steady pace with all kilometers between 3:58 and 4:03, but two 4:03s at the end cost him the joy of breaking 40 mintues.) 2. Matteo Giupponi, Italy 40:54.88 3. Liuis Torla, Spain 41:06.32 4. Manel Torla, Spain 41:07.51 5. Alexandros Papamihail, Greece 42:04.57 6. Christopher Linke, Germany 42:11.94 7. Kevin Campion, France 42:15.88 8. Miguel Angel Lopez, Spain 42:36.60 9. Dmitriy Shorin, Russia 42:48 10. Arnis Rumbenieks, Latvia 42:51 11. Mate Hellebrandt, Hungary 43:34 12. Federico Tontodonati, Italy 43:38 13. Alie Ciubotaru, Romani 43:58 (16 finishers, 3 DQ, 1 DNF) **German Championships, Erfurt, July 21: Men's 10 Km**–1. Christoph Hohne 40:08.71 2. Krause 40:59.97 **Women's 5 Km**–1. Sischka 23:22 2. Landmann 23:53.27 **Belarus 20 Km Championship, Gradno, July 5–1. Saradovich 1:22:12** Irish 10 Km Championship, July 21–B1. Robert Heffernan 39:11.78 2. Colin Griffin 39:51.85 3. Jamie Costin 40:28.02 **Irish Women's 5 Km, July 21**– 1. Ann Loughnane 24;36.30 2. Donna Carolan 25:34.09 **Paris Coknar 445 Km, June**–1. Geegor Urbanowski, Poland 57:04 (7.8 Km/hr) 2. Alexei Rodionov, Russia 58:09 3. Phillippe Morel, France 59:05 4. Alain Costils, France 59:21 5. Paul Gilg, France 61:34 6. Bernard Frechengues 52:33 **Women's 305.700 Km**–1. Anne Marie Mesmoudi, France 38:09 (8.01 Km.hr) 2. Irina Poutinteseva, Russia 39:27 3. Marina Tarassevich, Belarus 41:14 4. Duda Fauqueur, France 42:58 5. Claudine Anxionnat, France 43:45 (8 finishers) (Ialso found results of the 2006 Paris Colmar races, which I don't thing I ever reported, So why not now **Paris Colmar, May 31 to June 3, 2006: Men's 448 Km** (the distance varies somwwhat each year)–1. Gregor Urbanowski, Poland 54:13 2. Sergei Dvoretski, Russia 55;48 3. David Regy, France 56:17 4. Alexsei Rodonov, Russia 56:51 5. Gilles Belloit, France 62:20 6. Paul Gilg, France 62:47 (10 finished) **Women's 293.3 Km**–1. Kora Boufflert, France 37:09 2. Irina Poutintseva, Russia 38:15 3. Sylviene Varin, France 38:40 4. Marina Tarassevich, France 39:40 (9 finished))

African Championships, Algiers: Women's 20 Km, July 20–1. Cheima Trabelsi, Tunisia 1:49:13 2. Mercy Njoki, Kenya 1:49:18 3. Ararsa Asnakech, Ethiopia 1:49:29 4. Chania Amzal, Algeria 1;49:39 5. Bahia Boussad, Algeria 1:51:56 6. Ruzaan Harris, South Africa 1:52:36 (15 finishers, 1 DQ) **Men's 20 Km, July 21**–1. Hatem Ghoula, Tunisia 1:22:33 2. David Kimutai, Kenya 1:24:16 3. Mohamed Ameur, Algeria 1:25:12 4. Hicham Medjber, Alberia 1:33:02 5. Chernet Mikore, Kenya 1;34:03 6. Ali Amrouche, Algeria 1:37:09 7. Tham Huatshwoyo, South Africa 1:37:39 8. Marc Mundell, South Africa 1:38:26 (12 finishers, 2 DNF, 1 DQ) **NACAC Championships, San Salvador, El Salvador, July 13: Women's 10 Km**–1.Cristina Lopez, El Salvador 44:16.21 2. Veronica Colindres, El Salvador 47:39.93 3. Evelyn Nunez, Guatamala 47:40.36 4. Abigail Saenz, Mexico 49:40 5. Samantha Cohen, US 49:53 6. Maria Michta, US 51:01 7. Rocio Alcantara, Mexico 51:50 **Men's 20 Km**–1. Walter Sandoval, El Salvador 1:28:29 2. David Mejia, Mexico 1:28:51 3. Allan Segura, Costa Rica

1:29:50 4. Bernardo Calvo, Costa Rica 1:29:56 5. Victor Mendopza, El Salvador 1:33:22 DQ–Adrian Herrera, Mexico **Asian Championships, Amman Jordan, Women's 20 Km, July 25**–1. Quiyang Jiang, China 1:36:17 2. Yanmin Bao, China 1;38:11 3. Svetlana Tolstaya, Kazakhstan 1:41:13 4. Yu Fang Juan,Malaysia 1:51:28 **20 Km, Melbourne, Australia, July 1**–1. Megan Szirom 1:36:54 Men–1. Tom Barnes 1:27:45

Race Hither. Race Yon. And Perhaps Elsewhere, Too

August 2-5	**National USATF Masters 5 and 10 Km, Orono, Maine (D)**
Sat. Aug. 4	5 Km, Ft. Collins, Col., 8 am (H)
Sun. Aug. 5	5 Km, Evergreen Col., 8 am (H)
Tue. Aug. 6	5 Km, Long Branch, N.J., 6:45 pm (A)
Sun. Aug 12	Eastern Regional Youth 2 and 5 Km, Open 5 Km, along with USA-Canada Junior Dual, NACAC Under 23 RW Cup, Hauppauge, N.Y. (U)
	10 Km, Kentfield, Cal. (P)
	5 Km, Denver, 8 am (H)
Mon. Aug. 13	5 Km, Long Branch, N.J. 6:45 pm (A)
Sat. Aug. 18	Indiana 5 Km, Indianapolis (AA)
	National USATF 15 Km, Minneapolis (V)
	5 Km, Loveland, Col., 7 pm (H)
Sun. Aug. 19	1 Hour, Kentfield, Cal. (P)
	5 Km, Littleton, Col., 8 am (H)
Mon. Aug. 27	5 Km, Long Branch, N.J ., 6;45 pm (A)
	5 Km, Denver, 8 am(H)
Sun. Sept. 2	West Regional 1 Hour, Banks, Oregon (E)
Sat. Sept. 8	New Mexico 5 and 10 Km, Albuquerque (T)
	2.8 Miles, Seattle (C)
Sat. Sept. 15	North Region 15 Km, Minneapolis (V)
Sun. Sept. 16	**USATF National 40 Km, Ocean, N.J. (A)**
	Pac. Assn. 20 Km, Oakland, Cal. (J)
	Florida 1 Hour, Plantation, Fla. (Q)
	5 Km, Denver (H)
Sun. Sept. 23	5 Km, Albuquerque (T)
Sun. Sept. 30	5 Km, Kentfield, Cal., 7:30 am (P)
Sat. Oct. 6	Minnesota and North Region 50 Km (also, 5,10,20,30, and 40 Km0, Minneapolis, Minn.(V)
	National USATF 5 Km (Z)
Sun. Oct. 7	½ Marathon, Sandy Hook, N.J., 9 am (A)
Sat. Oct. 13	1 Hour, Albuquerque, N.M. (T)
Sun. Oct. 14	Georgia 5 and 10 Km, Atlanta (F)
	USATF National 1 Hour, Waltham, Mass. (B)
Sat. Oct. 20	Indiana 20 Km, Indianapolis (AA)
Sun. Oct. 21	1 Mile, Kentfield, Cal. (P)
Sun. Oct. 28	10 Km, Seaside, Cal. (W)
	USATF National 30 Km, Hauppauge, N.Y. (U)

Contacts:
A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
B–Justin Kuo, JKuo@usatfne.org

C--Bev McCall, 511 Lost River Road, Mazama, WA 98833
D–www.usatf.org
E–cjcj@gte.net
F–Steve Hubbartt, 770-445-1242, SKHUBBAR@southernco.com
G--Stella Cashman, 320 East 83rd St., New York, NY 10028
H–Bob Carlson, 2261 Glencoe St., Denver CO 80207
I–Mike DeWitt, uwpcoach@yahoo.com
J–Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
K–Stafford Whalen, 39 Allanhurst Drive, Etobicoke, Ontario M9A 4J9, Canada
L–Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
M–Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
N–Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445
O–A.C. Jaime, acjaime@sbcglobal.net
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
Q–South Florida Walkers3331 NW 22nd Street, Coconut Creek, FL 33066
R–Southern Cal. Walkers Club, 358 W. California Blvd. #110, Pasadena, CA 91105
S–Potomac Valley TC, 3140-D West Springs Drive, Ellicott City, MD 21043
T–New Mexico Racewalkers, P.O. Box 16102, Albuquerque, NM 87191
U–Gary Westerfield, garyw@optonline.net
V–Bruce Leasure, info@twincitiesracewalkers.org
W–Hansey Rigni, hrigney@sbcglobal.net
X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
Y–Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
Z–Bobby Baker, RLBaker@chartertn.net
AA-Cheryl Sunman, ianms@iquest.net

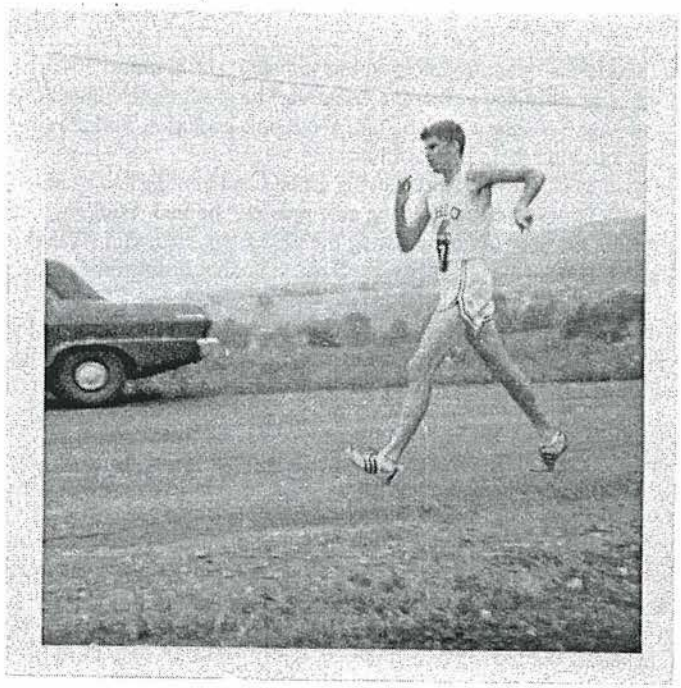
From Heel To Toe

Subscription rates. Note that the subscription rate to the Ohio Racewalker is $12.00 per year for domestic subscribers and $15.00 for those outside the U.S. These rates are noted on expiration notices that I send out, but occasionally some on in the U.S. will send me $15.00 for a renewal. When this happens, I simply give them a 15-month renewal and hope the individual will notice my largesse. I am still toeing the line at $12.00 despite the fact the the US Postal Service keeps increasing the price of a First Class stamp. But, if I start losing money or continue to lose subscribers (circulation peaked at about 700 in the late '80s and has dropped steadily since–sort of the same curve that we see in the number of elite walkers–to about 280 today. The Ohio Racewalker has always been strictly a break-even proposition as my contribution to the sport, but I don't want my wife to have to be supporting it. On the other hand, I much appreciate the notes that occasionally come back on a renewal slip to boost my ego, for example: "With all the changes in my life you have remained one of the constants. Every month I relive and renew. Thanks for being there." My thanks to all who express appreciation for my humble efforts. . .**Derek.** Also on a personal note, some subscribers inquire about the status of my son Derek and it's been a while since I published an update. To acquaint more recent subscribers with the situation, in June of 1997, at age 28, Derek crashed during a motorcycle at Gateway International Raceway, across the river from St. Louis. As a result, he was paralyzed from the waist down, with his spine fused from T6 to T12. His story of recovery and his return to a full life was remarkable, some of it chronicled in these pages from time-to-time. Then, in August of 2005, 7 months after he had moved to

Morgantown, W.V in a consulting position, he got a serious infection that attached to the rods in his back and got into the spine. As a result he had five more surgeries over a two-month period .including fusion to the end of the spine. He returned to Columbus for the last three of those surgeries and has been living with us since, having sold his house in Morgantown. And again, he is quite active for one in a chair. As a matter of fact, he is camping with his lady friend this weekend. He has been teaching guitar at both the Columbus and Dublin (Ohio, not Ireland) Rec centers, took on the task of directing the Midwest Regional Disability Lifestyles Conference and Expo to be held at Ohio State in September, and recently started working with the VSA Arts Columbus office. VSA Arts is an international organization promoting arts activities for the disabled. He finds gigs for playing his guitar and is about to release a second CD, this one a duo with Mike Ulrey, who plays native American flute. Derek plays 12-string acoustic guitar. To learn more about him, you can check his website at www.derekmortland.com, though I'm not sure when he last updated it. . .**Riddle answered.** In an item in last month's ORW Elliott Denman referred to Mie Byrnes as one of the few H.S> coaches in the nation able to say he coached two Olympic racewalkers. Elliott did not identify the two walkers, however, and I noted that the answer to this riddle was not in my trivia bank. But, of course, Elliott knew and he e-mails: "And the answer is...Mike Byrnes coached Steve Hayden and Dan O'Connor at Wantagh High School on Long Island. (Steve walked the 50 in the 1972 Olympics and Dan the 20 in 1984. Dan was also on a record 9 World Cup teams.). . .**McGovern Camp.** Dave McGovern will conduct one of World Class Racewalking Camp's in Clermont, Florida from Wed. Oct. 31 throgh Sunday Nov. 4 The camp is in conjunction with the National Masers 20 Km race. A racewalker for 24 years and coach for nearly as long, Dave has won 13 national titles at distances from 10 to 40 Km, with a best 20 Km of 1:24:29. Dave and other top racealkers and coaches will train with attendees, conduct video analyses of style, and present lectures on all aspects of racewalking. This will be Dave's 14th camp. The cost of $715 includes lodging and meals. All ages are welcome. For more information, contact dave at 20 High Street, Locust Valley, NY 11560, 845-709-2152, DmCG@Racewalking.org.. .**The Eastler DQ.** In an internet posting, Tom Eastler (father) comments on Kevin's DQ at the Pan Am Games: "Kevin was by himself most of the race in third place. He walked just like he always walks. He received one caution paddle. Either two or three of the red cards were without benefit of a caution...suggesting that two or possibly three of the officials regarded him clearly illegal...no need for a caution. Was that the case??? An unequivocal no! What happened? Who knows!!?? He did fine in Brazil in April when he raced the 20k. He was right on pace at 1:57:27, 2 minutes behind second place and 2 minutes ahead of 4th place. Will we ever know what the officials who disqualified him were seeing or thinking??? No way, not a chance!!! What advice would I give Kevin if he were to race there again ? Do the same thing you always do...train smart...race smart. He trained smart, and based on the nature of the calls he raced smart (his red shoes would not have led to a bent knee call)...what else can I say? Oh, just one more thing....tibial torsion is real, and anyone who has ever witnessed Kevin racing knows that he walks differently than others do because of his tibial torsion birth right. You wouldn't believe the number of cross-country skiing and cross-country and track and field coaches through the years who wanted him to straighten out his foot plant so he could go lots faster....hey, we are all dealt a physiological hand of cards, and those are the cards we play with. Wouldn't it be nice if we could just wish away any skeletal misalignment that we might have been born with. Apparently the judges may have mistaken tibial torsion for bent knee...that's the only reasonable, non-political, reason that I can envision. For the record his first state Junior Olympics record was the first summer season that he ever competed in racewalking...he was 9 years old. I don't expect that he will contribute to the discussion (I may be wrong). We are all happy that Philip was successful, and both Philip and Kevin will be moving on with their training programs, as they

should. Any further debate or discussion or speculation on this hopefully transient officiating event will not serve any useful purpose."

Several months ago Jake Jacobsen sent me a picture of myself (below) that he dug out of some old file or drawer. I thought it was interesting in light of the discussion we published in the April and May issues of the dialog between Larry Young and Bob Bowman. Bob noted that evidence from much study of film from the "old" days (30-40 years ago) shows a greater flight phase back in those "slow" days than among today's elite walkers. He attributes this to the longer, slower stride of that time. Well, here is one of those long-slow stride walkers with obviously no flight phase at all. The heel is about a millimeter from contact and the entire toe area of the trailing shoe is still in solid contact. This was not one of my better days and I would have attributed that to the fact that I was "hugging" the ground too closely. But shouldn't that have made me go faster, according to Bob's (and other's) evidence. Well, I.m not in an argument with Bob and I'm not trying to prove anything–a single picture certainly couldn't do that. But, it indicates that walkers of that day could walk at a reasonable pace with absolutely no flight phase. The picture was taken at the 1967 National 15 in Berwick, Pa. I finished seventh in 1:15:52, so I was probably walking at an 8 to 8:10 mile pace when the picture was taken. The race was won by Ron Laird in 1:08:13 followed by Steve Hayden 1:11:47, Jack Blackburn 1:12:07, John Kelly 1:12:24, Dave Romansky 1:13:36, Ron Daniel 1:14:32, Mortland, Steve Rebman 1:16:30, Shaul Ladany 1:17:10, and Jake himself 1:18:30. There were 34 finishers under 1:30, a number you won't see in any 15 km race today.



So. Why do we walk anyway? Let alone racewalk. Under the subject: Bipedal Walking Is "Cheaper", Elliott Denman e-mailed to me this "Bit of walking history, relayed to you (i.e., Elliott) by Mr. Jim Simonelli, former Manhattan College and Shore AC 400-meter star."

Humans Walk Upright to Conserve Energy

by Randolph E. Schmid, AP Science Writer
Proceeding of the National Academy of Sciences

WASHINGTON - Why did humans evolve to walk upright? Perhaps because it's just plain easier. Make that "energetically less costly," in science-speak, and you have the conclusion of researchers who are proposing a likely reason for our modern gait.

Bipedalism — walking on two feet is one of the defining characteristics of being human, and scientists have debated for years how it came about. In the latest attempt to find an explanation, researchers trained five chimpanzees to walk on a treadmill while wearing masks that allowed measurement of their oxygen consumption.

The chimps were measured both while walking upright and while moving on their legs and knuckles. That measurement of the energy needed to move around was compared with similar tests on humans and the results are published in this week's online edition of Proceedings of the National Academy of Sciences.

It turns out that humans walking on two legs use only one-quarter of the energy that chimpanzees use while knuckle-walking on four limbs. And the chimps, on average, use as much energy using two legs as they did when they used all four limbs.

However, there was variability among chimpanzees in how much energy they used, and this difference corresponded to their different gaits and anatomy. One of the chimps used less energy on two legs, one used about the same and the others used more, said David Raichlen, assistant professor of anthropology at the University of Arizona.

"What we were surprised at was the variation," he said in a telephone interview. "That was pretty exciting, because when you talk about how evolution works, variation is the bottom line, without variation there is no evolution."

If an individual can save energy moving around and hunting and spend more of it on reproduction, "that's how you end up getting new species," he said. Walking on two legs freed our arms, opening the door to manipulating the world, Raichlen said. "We think about the evolution of bipedalism as one of first events that led hominids down the path to being human."

Theirs is the latest of several explanations for walking upright. Among the others have been the need to used the arms in food gathering, the need to use the upper limbs to bring food to a mate and offspring and raising the body higher to dissipate heat in the breeze.

LOOKING BACK

45 Years Ago (From the July 1962 American Race Walker published by Chris McCarthy)–A blazing sun on a shadeless course took its toll on competitors in the National 20 Km in Chicago. Ron Zinn finally prevailed over John Allen in 1:43:59 (compared to his 1:36:02 on the same course 8 months later on a cool March day, when Ron Laird did 1:34:52–just to let you know what affect the heat had). Allen was 31 seconds back. Usually tough in the heat, Jack Mortland faded badly the final third of the race and finished a lonely third in 1:47:20. His consolation was leading the Ohio TC to the team title, with Jack Blackburn fourth (1:49:09) and Jeff Loucks ninth (1:52:06). Early leader Ron Laird managed only fifth, nearly a minute behind Blackburn. Canada's Felix Cappella came sixth. Only 15 of 37 starters managed to break 2 hours. . .Two weeks earlier, Zinn had won the National 2 Mile in Walnut,

Cal. There he beat Laird 14:35.8 to 14:40.6, with Mike Brodie third in 14:47.2. John Humcke, Akos Szekely, and Bob Bowman followed.

40 Years Ago (From the June 1967 ORW)–Ron Laird scored an easy victory in the Los Angeles Invitational meet with the British Commonwealth in 1:36:29. A promising young walker, Larry Young, also beat the Commonwealth with a 1:40:47 in second The Commonwealth walkers suffered noticeably in the heat and smog, with England's Ron Wallwork third in 1:43:47. . .Two weeks earlier, Laird had walked 1:32:24 in Santa Barbara to beat Don DeNoon (1:34:25), Young (1:35:30), and Tom Dooley (1:35:50. . .Another promising newcomer, Steve Hayden, won the National Junior 2 Mile in Buffalo in a record 14:55.2, with teammate Howie Jocobson (now better known as Jake) second in 15:07. (Junior in those ancient days was not an age category, but a category for those who had never won a Junior or Senior national.)

35 Years Ago (From the July 1972 ORW)–The U.S. Olympic Trials were contested in Eugene, Oregon and Larry Young won both the 20 and 50. In the 20, on July 1, the times were much slower than expected. With heat not a factor, some suspected a long course. Nevertheless, Larry pretty much controlled the race, leading by nearly a minute at 10 Km and winning in 1:35:56. Goetz Klopfer (1:38:03), Tom Dooley (1:39:10), and Todd Scully (1:39:25) took the next three spots. Two-time Olympian Rudy Haluza finished in 1:38:00, but was disqualified. In the 50, on July 4, Young toyed with the field through a 2:08 first half and then accelerated the rest of the way to win uncontested in 4:13:05 on a hot day. The surprises were in second and third with both Bill Weigle (4:20:09) and Steve Hayden (4:23:23) making massive improvements on their personal bests. A solid favorite for the team, Bob Kitchen, had to settle for fourth in 4:25:06. . .In Erfurt, E.G., Hans-Georg Reimann and Peter Frenkel broke the world record for 20 with a 1:25:19.4 on the track. Gerhard Sperling also broke the old record (1:25:50) with a 1:25:37.8. . .Young also won the National 15 Km in Northglen, Col. On July 15 in 1:10:22. Jerry Brown and Bill Weigle were 2 and 3 minutes back in second an third. . .Jeanne Bocci set an American women's record with a 7:35.3 for 1 Mlle.

30 Years Ago (From the July 1977 ORW)–Neal Pyke became the first U.S. walker ever to win the 20 Km in a US-USSR dual T&F Meet. He did 1:28:18 in Sochi, leaving Yevgeniy Yesyukov 2 minutes behind. (However Tikonov of the USSR, walking as a guest, actually won the race in 1:27:50). Todd Scully was fourth in 1:34:48. . .Neal also won a 10 KM against West Germany, beating Scully 42:23 5 to 42:33. . .Dan O'Connor led all the way to win the National 25 Km in Washington, D.C. with a 2:05:12. Carl Schueler, Dave Romansky, and Bob Kitchen took the next three spots.

25 Years Ago (From the July 1982 ORW)–In Niagara Falls, Todd Scully won the National 30 Km in 2:28:45 and Susan Lier-Westerfield the National 15 Km in 1:18:11. Andy Liles won the National Junior 15 Km (by then age-related) at the same site. Well back of Scully were Canada's Glenn Sweazey, Ray Somers, and Martin Kraft. Pat Moroney was second to Liles. . .Jim Heiring finished a close second to Yevgeniy Yesyukov in the US-USSR dual meet in Indianapolis. Yesyukov had 1:26:42 for the 20 and Jim 1:27:05. . .A week later in East Germany, Jim was faster (1:26:13), but finished third behind Werner Heyr (1:24:45) and Michael Boenke. Ray Sharp, after struggling in Indianapolis, had a 1:29:49 in this one. . .Mexico's Ernesto Canto won the Prague-Podebrady 50 Km in Czechoslavakia with 3:51:10

20 Years Ago (From the July 1987 ORW)–The premier titles went to Tim Lewis and Maryanne Torrellas in the UST&F Championships in San Jose. Lewis won his third straight

20 Km title in 1:24:12 breaking his own meet record by more than a minute. Carl Schueler (1:26:10), Ray Sharp (1:27:00), Gary Morgan (1:27:31), Mike Stauch (1:28:15), and Paul Wick (1:30:06) followed. Torrellas broke away from Lynn Weik in the final 800 meters to win the women's 10 Km title in 47:23.8. Lynn finished in 47:36.5. Debbi Lawrence (48:31), Teresa Vaill (48:58), and Sara Standley (50:54) were next in line. . .The junior national 10 Km went to Reggie Davenport in 48:54 with Jon Jorgeson (49:07) and Lennie Becker (49:58) second and third. The Perez girls, Dindy (25:23.5) and Cybil (25:30.6) went one-two in the Women's Junior National 5 Km. Norma Commans (25:46) was third.

15 Years Ago (From the July 1992–At Niagara Falls, Andrzej Chylinski grabbed the National 10 Km title in 41:07. Canada's Martin St. Pierre was just 14 seconds back. Gary Morgan (43:30), Ian Whatley (44:03), and Curtis Fisher (44:10) took the next three spots. Canada's Janice McCaffrey won an accompanying women's race in 46:13, just 14 seconds ahead of Debby Van Orden. 60-year-old Max Green blasted a national age group record of 51:36. . .On the track in Fana, Norway, Sweden's Stefan Johansson broke Ernest Canto's World Record for 20 Km with his 1:18:35.2. Mexico's Carlos Mercenario had a 3:48:06 for 50 at the same site.

10 Years Ago (From the July 1997 ORW)–Curst Clausen won the National 10 Km at Niagara Falls, but finished only third in the race. His 41:04 effort was no match for Ecuador's Jefferson Perez (41:21) and Canada's Aurtur Huerta (41:43). Another Ecuadorian, Juan Rojas, was fourth, with Al Heppner and Jan Klos taking the next two spots. . .U.S. Junior titles went to Emma Carter and John Nunn. Carter finished more than a half-minute ahead of Liza Kutzing in 24:51.91. Nunn did 48:52.35 to beat Brian Colby by nearly a minute.

5 Years Ago (From the July 2002 ORW)–In the World Junior Championships in Jamaica, Japan's Fumi Mitsumura won the women's 10 Km race in 46:)1.51, nearly six seconds ahead of China's Siqi Liu. Maryna Tsikhanava, Belarus, was third, another seven seconds back. Russia's Tatyana Kozlova, who had a sub-45 minute performance, took the lead at 8 Km, but then folded up to finish seventh. In the men's 10 Km, Russia's Vladimir Kanaykin blasted the final 2 Km in 7:46 to edge China's Zingde Xu by just 3.6 seconds in 41:41.40. Brazil's Rafael Duarte was third. Benjamin Shorey finished 17th in 45:22.42. . .In the Irish Championships, Gillian O'Sullivan zipped to a world record 5 Km in 20:02.6 and Robert Heffernan won the men's 10 in a swift 38:47.66

This is filler material in the form of a terrible pun: King Ozxymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said "Ill give you 100,000 dinars for it." "But I paid a million dinars for it." the King protested. "Don't you know who I am? I am the King!" Croesus replied, "When you wish to pawn a Star, makes no difference who you are."

More filler: Back in the 1800s, the Tates Watch Company of Massachusetts wantdr to produce other products and, since they already made cases for watches, they used them to produce compasses. The new compasses were so bad that people often ended up in Canada or Mexico rather in California. This, of course, is the origin of the expression, "He who has a Tates is lost!"

Winners at the 2006 World Cup of Racewalking. Top: Francisco Fernandez of Spain, the men's 20 Km winner in 1:18:31. Bottom left: Ryta Turava, Belarus, women's 20 Km winner in 1:26:27. Bottom right: 50 Km winner Denis Nizhegorodov, Russia who walked 3:38:02